

Claim 1. A hollow cylindrical insert for a steel plate for connection of an eyebolt used for moving the steel plate, said insert having male threads on its outer surface and female  
5 threads on its inner surface, said insert having a length substantially equal to the thickness of the steel plate.

Claim 2. The insert of Claim 1 in which the insert is made of high-grade tempered steel.

10

Claim 3. The insert of Claim 1 in which the female inner threads of the insert are coil threads.

Claim 4. The insert of Claim 1 in which the female inner threads  
15 of the insert are acme threads.

Claim 5. The insert of Claim 1 in which the female inner threads of the insert are U.N.S. threads.

20 Claim 6. The insert of Claim 1 in which the female inner threads of the insert are from about .750 inches to about 3.50 inches in diameter.

Claim 7. The insert of Claim 6 in which the female inner threads of the insert are 1.250 inches in diameter.

Claim 8. The insert of Claim 1 in which the male outer threads  
5 are from about 2.00 inches to about 4.00 inches.

Claim 9. The insert of Claim 8 in which the male outer threads of the insert are 2 3/16-14 t.p.i. U.N.S. threads.

10 Claim 10. The threads of the insert of Claim 8 in which the male outer threads vary from about 6 threads per inch to about 32 threads per inch.

Claim 11. A method for moving a steel plate comprising, cutting  
15 a hole through the steel plate, threading the hole, inserting into the threaded hole in the steel plate a hollow cylindrical insert having male threads on its outer surface and female threads on its inner surface, said insert having a length substantially equal to the thickness of the steel plate, applying  
20 a locking compound to the insert when it is attached to the steel plate, threadably attaching an eyebolt into the threaded insert and removably attaching a lifting device to the eyebolt.

Claim 12. The method of Claim 11 in which the locking compound is a thermoset plastic retaining compound.

Claim 13. The method of Claim 11 in which the hole in the steel  
5 plate is cut by machining.

Claim 14. The method of Claim 11 in which the hole in the steel plate is cut at substantially the center of the steel plate.

10 Claim 15. The method of Claim 11 in which a plurality of inserts are installed into the steel plate.

Claim 16. The method of Claim 11 in which the female inner threads of the insert are coil threads.

15

Claim 17. The method of Claim 11 in which the insert is removed by heating the insert to loosen the locking compound and unthreading the insert from the steel plate.

20 Claim 18. The method of Claim 11 further comprising replacing an insert that has damaged inner female threads by heating the insert to loosen the locking compound and unthreading the insert from the steel plate, and threading a new insert into the steel

plate and applying a locking compound to the new insert when it is installed.

Claim 19. The method of Claim 11 in which threaded holes in the  
5 steel plate are cut in multiple locations.

Claim 20. The method of Claim 11 in which the hole in the steel plate is cut in a location other than substantially at the center of the steel plate.

10

Claim 21. The insert of Claim 1 in which the length of the insert is substantially equal to the thickness of the steel plate.

15 Claim 22. The insert of Claim 1 in which the length of the insert ranges from about .500 inch to about 2.00 inches.